

Inspired by: [Top 10 Reasons to Smile Every Day](#)

Instructions:

1. Make a copy of this document. (This document will be a place where you can record your journey with photos through this exercise.)
2. At the end of every day, copy and paste the format provided below and fill in the boxes.
3. Take a selfie of you smiling and insert the photo for each day. ONLY you will be seeing this so you don't have to look good in every photo!! (more importantly, you are always beautiful so no need to worry<3)
4. Write down one thing from your day that made you smile. (It can literally be anything. Very casual:) Even the tiniest thing would be just fine.)

Time Requirement:

Time - around 5 minutes a day

Frequency - I would recommend you to do it every day so you could see your progress! (just like a journal + a photo) However, it is really up to you!

(P.S. Even a snap you sent to your friends would be just fine. As I did this exercise, it not only helped me care about my happiness level, but also helped me make more memories. So I really recommend trying it out!!)

Smile! 😊

DAY __

Smiling Selfie of today!

Details (What made you smile?)

Student Review:

To be completely honest, at first, I was very doubtful of this exercise. I really didn't believe that smiling would be so important in our lives. However, as I was given a chance to smile at least once, when I was taking the selfie, I realized how often I smile during the day, and how much it boosts my confidence+happiness. Also, as I thought of reasons that made me smile, I was given a chance to be thankful of everyone and everything involved in my life. Yes, it might seem pointless at first, but trust me, it really isn't. It only takes about 5 minutes too! So why not give it a shot? 😊